

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



Is Something in the Air Telling You to Quit?

You've heard that secondhand smoke can be dangerous. But did you know that the Centers for Disease Control and Prevention reports that each year environmental tobacco smoke (ETS) causes about 3,000 lung cancer deaths among non-smokers and accounts for as many as 62,000 deaths from coronary heart disease?



Did You Know?

Did you know that the CIGNA Healthy Rewards® Program offers two smoking cessation programs? Quit today for a healthier tomorrow – just log-on to myCIGNA.com and find out more about these programs available to CIGNA HealthCare members at discounts.

If You Quit, Your Child Quits Too

If you are pregnant and you smoke, the chemicals in cigarette smoke can reach your baby and keep it from getting the food and oxygen it needs. The American Lung Association recommends that women who are pregnant or plan on becoming pregnant quit smoking.

Quitting smoking can help reduce the risk for bleeding and miscarriage among pregnant women. Quitting smoking can also reduce the risk that your baby will be still-born, die of sudden infant death syndrome or develop asthma.

Children's respiratory and immune systems may be more vulnerable to ETS than adults' systems. Children who are exposed to ETS at an early age can develop serious respiratory problems. They suffer a greater number and severity of asthma attacks than children who are not regularly exposed to ETS. In addition, children who live with a smoker are more likely than children who do not live with a smoker to become smokers themselves.

If you smoke and would like to quit, call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872) or visit its web site at www.lungusa.org.

Smoking Cessation

The Rewards of Being Smoke Free

We know it isn't easy to quit smoking. It can take several attempts to quit before you are successful. And research shows the cost of tobacco cessation services and products is often the greatest barrier to quitting smoking. Now CIGNA HealthCare's Healthy Rewards® program can make it easier (and less expensive) for you, with two new smoking cessation discount programs. Use one, or use both in combination.

QuitNet: Online smoking cessation program

QuitNet is based on the same approaches recommended by the U.S. Surgeon General, combining expert counseling and social support into one easy-to-use online program. You'll receive an online membership, giving you 24/7 access to social support, reliable personalized content, professional counseling and more.

Tobacco Solutions: Nicotine replacement patch program

Studies show that pharmaceutical support is fundamental to success. The cornerstone of this program is the Novartis® Habitrol Take Control Support Program™.



You will receive:

- An eight-week supply of the Novartis™ Habitrol Nicotine Transdermal System (patches) featuring the gradual step-down method of dealing with nicotine withdrawal. The 56 nicotine patches cover eight weeks of step-down therapy for people who smoke at least 10 cigarettes per day.
- A comprehensive educational booklet that contains information to guide you through the quitting process as well as instructions for proper use of the patch.
- A compact disc providing you more information about the patch and the six states of change that you will go through to successful quitting.
- A toll-free telephone support center, staffed by health professionals.
- A comprehensive and confidential web site for additional support and information.

Quit smoking and save money **NOW** with help from Healthy Rewards. For more information, visit www.myCIGNA.com.

Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.

Did You Know?

The first step to quitting smoking, may be to separate the facts from the myths. For example:

Smoking is just a bad habit.

FACT: Tobacco use is an addiction. According to the U.S. Public Health Practice Guidelines, nicotine is a very addictive drug – for some, as addictive as heroin or cocaine.

If you can't quit the first time you try, you'll never be able to quit.

FACT: Quitting is hard. Usually people make two to three tries, or more, before being able to quit for good.

Your health care provider can help you understand the facts and decide what's best for you.

You also can visit the Surgeon General's website at www.surgeongeneral.gov.

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